Hapla WAVE

Elastic Muscle Care Tape

Premium muscle and joint support tape

Offers support and stability to muscles and joints without limiting their range of motion

User guide

for common lower leg & foot conditions

Cuxson Gerrard

Elastic Muscle Care Tape

The principle of Hapla Wave Elastic Muscle Care Tape is to offer support and stability to muscles and joints without limiting their range of motion.

The tape is applied in strips to effectively cover problem areas. The wave pattern of the adhesive lifts the skin reducing pressure on the tissue beneath.

Directions for use - Rounding Corners

Before applying tape it is important to remember to round the corners of each piece.

Rounding the corners prevents the tape from catching on clothes and peeling back which may reduce the time the tape will stay adhered to the patient.

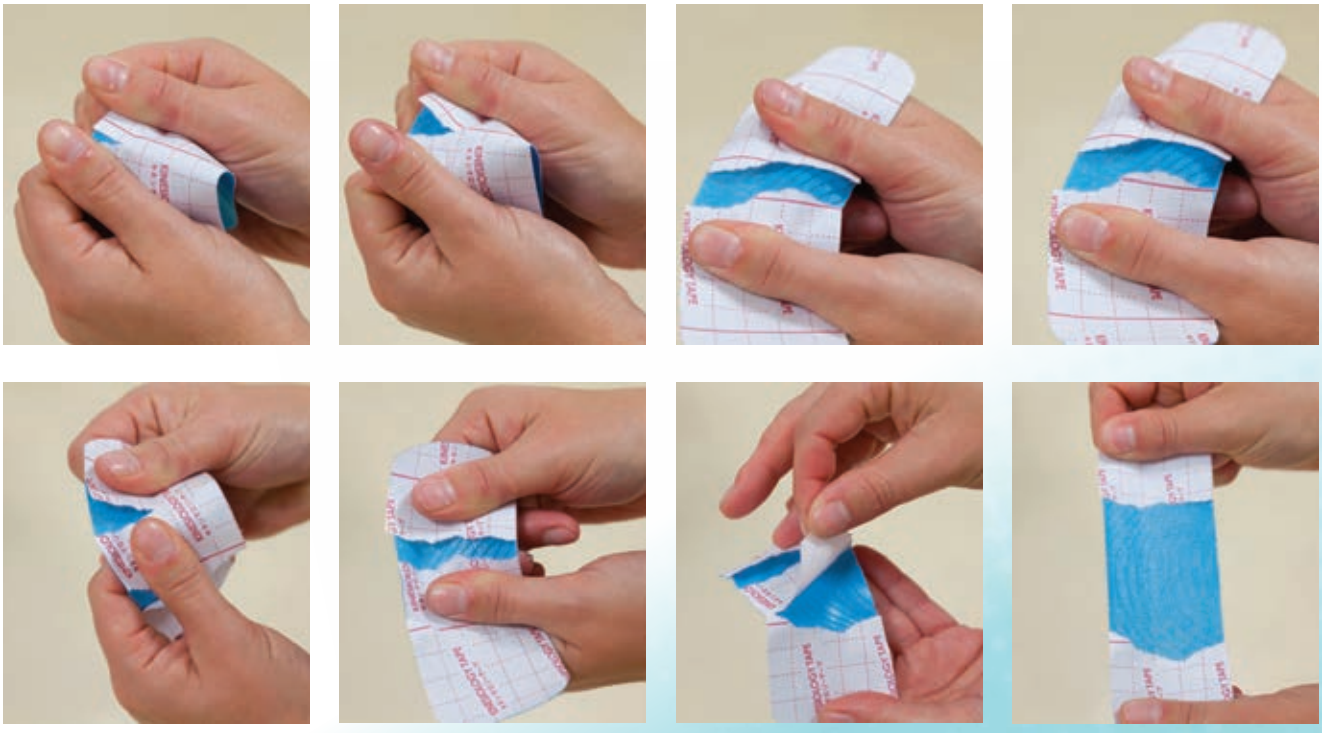
Applying Friction

To activate the adhesive on the underside of the tape, apply friction by rubbing vigorously using the backing paper from the tape or your hand.

Two ways to use Hapla Wave Tape

1. Tearing backing strip from the middle

After you have rounded the corners of the tape, remove the central section of the backing paper using a ripping action with your thumbs. Usually these pieces are placed across the injury site as you will see in our guide. Avoid touching the adhesive at all times.



2. Tearing backing strip from the end

After you have rounded the corners of the tape, using your thumbs to create a ripping action tear the paper about two inches from one end. This prepares your anchor point. Remember it is important not to touch the adhesive.

Anchor points

Always ensure that, regardless of the technique, anchor points are always placed on the skin with 0% stretch, i.e. no stretch at all.

Turf Toe

Patients will be experiencing pain under the ball of their first metatarsal joint.

Use a one inch wide piece of tape long enough to wrap around the big toe.

Place this tape with zero stretch around the big toe.

Avoid placing the tape on the nail. The ends of the tape should just meet. The tape should not wrap around the toe fully as this may cause a tourniquet.

Cut another piece of tape one inch wide and long enough to reach from the back of the heel to the tip of the hallux.

With the foot in the flexed position (dorsiflexed) apply an anchor point behind the heel.

With 25% stretch apply the tape from the heel to the first metatarsal head.

Using your other hand secure the tape onto the skin.

At this point you can remove the backing paper if required from the remaining length of tape.

With 50% stretch continue to apply the tape to the apex of the toe.

When you reach the apex of the toe cut off any excess and apply with zero stretch.

Ensure the toe is being pulled in a downwards or plantarflexed direction by the tape.

Using your hand or a piece of the backing paper from the tape apply friction.

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Hallux Valgus

Patients will be experiencing discomfort around the site of a bunion.

Cut a one inch wide piece of tape long enough to reach from the lateral malleolus around the heel to the hallux.

Apply an anchor point on the heel with zero stretch directly below the lateral malleolus.

With zero stretch apply the tape around the posterior aspect of the heel to just proximal to the side of the bunion.

Then apply 75% stretch to the tape up and around the hallux as shown.

Apply friction.

Ensure no tape is on the nail.

Apply friction to all areas of the applied tape.

Repeat this process with a second piece of tape half overlapping the first piece.

Cut another one inch wide piece of tape long enough to wrap from the hallux around to the lateral malleolus.

Remove the end of the tape and place an anchor point on the plantar aspect of the hallux.

Applying 75% stretch with the toe slightly plantarflexed take the tape around the dorsal aspect of the foot and wrap it around to the lateral malleolus.

Place at the ankle point with zero stretch just distal to the lateral malleolus.

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Metatarsalgia

Patient will be experiencing discomfort around the metatarsal head area of the plantar aspect of the foot.

Cut a length of tape the same width as the foot.

Using a central tear and 75% stretch place the tape over the metatarsal joints.

This tape should go up to but not over the toe sulcus.

Repeat the process - cut another piece of tape to the same length. Remember always round the corners.

Place the second piece of tape halfway down the first.

Apply friction to both pieces of tape.

Cut a full width piece of tape long enough to go from the metatarsal joints to halfway up the calf.

Place an anchor point roughly one inch proximal to the metatarsal heads.

Using a 50% stretch apply the tape up to the heel.

Once you reach the heel remove the stretch from the remaining tape.

Apply the remaining tape with zero stretch up over the achilles tendon and up the calf.

Place an anchor point again with no stretch at the calf.

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Plantar Fasciitis

Patient will be experiencing pain either on the central or medial portion of the heel. Ensure the foot is in a dorsiflexed position.

Cut a full width piece of tape long enough to go from the metatarsal heads up to the mid calf.

Tear and remove the backing paper from one end of the tape.

Place an anchor point at the metatarsal heads applying zero stretch.

Remove the first part of the remaining backing paper.

Apply 50% stretch to the tape.

Apply the tape down to the heel.

At the heel reduce the stretch down to 25%.

Apply tape to the Achilles.

Place an anchor point with zero stretch on the achilles tendon and apply friction to all areas of the applied tape.

Cut a six inch length of tape, tear and remove the central part of the backing paper.

Apply a 50% stretch across the site of pain. Make sure you apply each end (anchor points) with zero stretch.

Apply another six inch length of tape at a slightly more oblique angle to the first across the site of the pain.

Apply friction to all areas of the applied tape and ensure patient is comfortable.

Alternatively, if they are able, you could put your patient into this position to ensure dorsiflexion of the foot.

Dorsal Foot Pain

The patient will be experiencing pain on the top of their foot. Place the foot in a relaxed position for treatment.

Cut a four inch length of tape, tear and remove the central portion of the backing paper.

Apply 75% stretch over the point of pain.

Anchor the ends on the sides of the foot with zero stretch.

Repeat this 75% stretch for a second time with another four inch piece of tape.

Place the second piece of tape halfway over the first.

Apply friction to all areas of the applied tape.

Cut a twelve inch piece of tape, tear and remove the end piece of backing paper.

Apply and anchor just proximal to the toes with zero stretch.

Once anchored apply a 50% stretch.

Take tape to about three inches above the ankle.

Secure the tape to the skin, anchoring with zero stretch.

The tape should be pulling the foot upwards (dorsiflexing).

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Swollen Foot

Patient may be experiencing swelling around either malleolus.

Cut a four inch long piece of tape, then cut five equal strips up the length of the tape leaving a two inch anchor point at the top.

Tear across the top of the backing paper just across the top of the strips.

Ensure the backing paper on each thin strip is torn and separated from the anchor point at the top.

Gently remove the backing paper from the anchor point at the top, do NOT remove the paper from the strip lengths at this point.

Apply the anchor point near the malleolus with zero stretch.

One at a time remove the backing paper from the strips and apply them down the top of the foot with zero stretch.

Make sure you do this one strip at a time.

Take the second length and repeat.

Each separate strip should be applied.

Extend these strips to any points on the foot beyond where the swelling ends.

You may wish to extend the strips under the foot.

Take your time when applying as lifting and moving the strips will reduce the effectiveness of the adhesive.

Once you have laid all the strips down apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Heel Pain

Patient may be experiencing pain directly under the heel on the plantar aspect (centrally).

Cut an eight inch long piece of tape, tear and remove the central backing paper.

Apply with a 50% stretch around the posterior aspect of the heel extending forwards along the 1st and 5th metatarsal shafts.

Apply an anchor point at each end with zero stretch.

Try to avoid touching the adhesive as this will lessen the effectiveness of the adhesive.

Cut a six inch long piece of tape, tear and remove the backing paper from one end and apply to the medial side.

Apply a 50% stretch.

Take the tape around the lateral aspect and wrap it around the posterior aspect of the heel.

Remove the remaining backing paper and place the end as an anchor with zero stretch.

Apply friction to all areas of the applied tape.

Cut another six inch piece of tape and apply an anchor to the lateral malleolus.

Apply 50% stretch taking the tape medially.

Again bring the tape around the back of the heel.

Apply an anchor with zero stretch at the lateral malleolus. Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Achilles

If they are able, place the patient in the position shown. Alternatively dorsiflex the ankle whilst they are sitting.

Take a ten inch piece of tape, round the corners, and tear the backing paper as shown.

Carefully remove the backing paper without touching the adhesive.

Place an anchor proximal to the metatarsal heads on the base of the foot.

Put a 50% stretch on the tape.

Extend the tape with 50% stretch up to the tendo-muscular junction, removing the backing paper as you proceed.

Place the tape down at the posterior of the leg.

Anchor with zero stretch.

Remove the remaining backing paper at the anchor point without touching the adhesive.

Ensure all tape is in contact with the skin.

Apply friction to all areas of the applied tape.

With a four inch long piece of tape tear and remove the central portion and with 50% stretch, apply across the site of pain in the Achilles.

Remove remaining backing paper, leaving each end as an anchor point.

Position gently with zero stretch. Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Peroneal Strain

Patient will be experiencing pain along the lateral border of the foot and possibly at the fibula and/or behind the lateral malleolus.

Take a ten inch length of tape, round the corners, tear and remove the backing paper from one end.

Apply an anchor point on the medial aspect of the heel.

Bring the tape under the plantar aspect of the foot with zero stretch.

With a 50% stretch apply tape behind the lateral malleolus and up to the head of the fibula.

Ensure you apply an anchor tape with zero stretch.

Take a four inch length of tape, tear and remove the central backing paper.

Apply a 50% stretch.

Apply to the posterior aspect of the heel.

Apply a zero stretch anchor at each side.

Take another four inch length and tear and remove the central portion of the backing paper.

Apply with a 50% stretch over the site of pain. This can be anywhere up the side of the leg.

Apply a zero stretch to the anchor points at both ends.

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Calf Muscle Strain

Patient may be experiencing discomfort on the medial and lateral heads of the gastrocnemius. Place the foot in a dorsiflexed position as shown.

Take an eight inch length of tape, round the corners, tear and remove the backing paper from one end.

Apply an anchor point two inches up from the Achilles tendon.

With 75% stretch apply up the calf.

Remove the backing paper ensuring you do not touch the adhesive.

Apply a zero stretch anchor point at the top of the calf.

Apply friction.

Take a four inch length of tape, tear and remove the central part of the backing paper.

Apply 75% stretch.

Place across the site of pain.

Lay down zero stretch anchor points at each end.

Remove the remaining backing paper carefully ensuring you do not touch the adhesive.

Apply a zero stretch anchor point.

Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Osgood Schlatter

Pain will be felt at the tibial tuberosity in adolescents between the ages of 13 and 16, particularly if they play a lot of sport.

Patient should be sitting with leg hanging in a relaxed position (90°). Take a four inch length of tape and remove the central portion of the backing paper.

Apply 75% stretch diagonally across the site of pain.

Place the tape without touching the adhesive.

Remove anchor point backing paper from each side.

Make sure there is zero stretch on each of the anchor ends.

Lay down each point gently.

Apply friction to ensure it is well adhered.

Take another four inch length of tape, tear and remove the central portion of the backing paper.

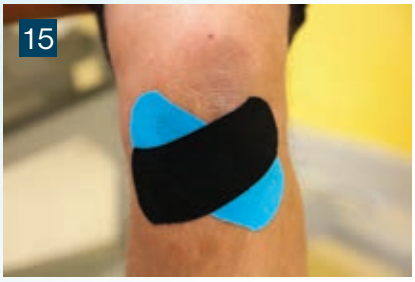
With a 75% stretch apply diagonally in the opposite direction across the site of pain.

Ensure adhesive is not touched.

Carefully remove anchor points of remaining backing paper.

Place anchor ends down with zero stretch.

Apply friction to all areas of the applied tape.



Ensure patient is comfortable.

Jumper's Knee

Patient will be experiencing pain in the patella tendon. The patient should ideally be standing for treatment.

Take a four inch length of tape, remove the central portion of the backing paper and apply with a 75% stretch across the patella tendon.

The knee should be in about 30° of flexion. Lay down the tape, anchor with zero stretch and apply friction.

With an eight inch length of tape remove the central portion of backing paper leaving two small pieces of backing paper at each end.

Place the centre of the tape with zero stretch over the top of but slightly below your first piece of tape.

While pulling the tape up each side of the knee ask the patient to lunge forward.

Using the ball of your hand secure the tape either side of the knee.

Remove the backing paper from the anchor points and apply with zero stretch.

Apply friction to all areas of the applied tape.

With a twelve inch length of tape cover the anchor points of the previous tape using zero stretch.

The tape should cover both anchor points and comfortably go around the knee at 30° of flexion with zero stretch.

Ensure the tape is not too tight so it does not create a tourniquet effect.

Apply friction to all areas of the applied tape.

The blue tape above may be repeated twice more, overlapping the first piece for extra support.

Ensure patient is comfortable and can move knee freely.

Full Knee Support

Patient will usually experience pain in and around the knee joint. This can be nonspecific.
Place knee in 90° of flexion.

Take a four inch length of tape, round the corners, tear and remove the central portion of the backing paper.

With 75% stretch apply across the patella tendon.

Remove backing paper from the ends and apply with zero stretch.

Cut an eight inch length of tape and cut a slit up the centre leaving four inches of the length uncut.

Tear the backing paper at the top of each strip so that each half of the tape falls freely (leaving the paper on the tape at this stage).

Remove backing paper from the top of the uncut tape and place an anchor roughly six inches above the knee.

Remove the top section of backing paper and with zero stretch apply the unslit section of the tape down to just above the knee.

Take one of the strips of tape and remove half of the backing paper. As you apply it, do not touch the adhesive.

With 50% stretch place the first strip of tape around one side of the patella.

Bring the tape centrally below the patella.

Take the tape down with zero stretch along the tibia.

Repeat on the opposite side of the patella.

Lay the second strip flat on top of the first and apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Medial and Lateral Knee Pain

Patient may be experiencing discomfort on the medial or lateral side of the knee. Place knee in 90° of flexion

Take a four inch piece of tape, round the corners, tear and remove the central portion of the backing paper.

Apply using 75% stretch across the point of pain following the direction of the femur.

Remove remaining backing paper and apply anchors at each end with zero stretch.

Repeat this process with another four inch section of tape removing the central portion of the backing paper.

Place tape at an oblique angle to the first piece.

Apply anchor points as before with zero stretch.

Apply friction to all areas of the applied tape.

Cut an eight inch piece of tape, round the corners, tear and remove one end of the backing paper.

Place an anchor point roughly one third of the way down the shin with zero stretch.

Apply up to the patella using a 50% stretch.

Gently manoeuvre the tape so it follows the shape of the leg.

Apply a 50% stretch from the patella up the first third of the thigh.

Apply an anchor point at the end with zero stretch. Apply friction to all areas of the applied tape.

Ensure patient is comfortable.

Swollen Knee

Patient's knee may be swollen on either side above or below the knee. Place knee in a slight flexion but in a relaxed position.

With an eight inch length of tape cut five slits from one end up to two inches from the other end of the tape.

Tear and separate the backing paper of the five strips from the main body of tape.

Each strip must be torn free from the main body of the tape. Do NOT remove the paper from the strip lengths at this point.

Make sure you do not touch the adhesive.

Remove the anchor point backing paper from the top body of the tape.

Place the anchor point with zero stretch on the thigh roughly two inches above the knee.

Remove the backing paper from the first strip of tape.

With zero stretch place the strip diagonally across the knee.

Follow the same procedure with the second strip separating the application by a few millimetres.

Repeat with the third strip ensuring you don't touch the adhesive.

The fourth strip should now be at the base of the knee.

The fifth and final strip should be applied underneath the patella.

Apply friction to all areas of the applied tape.

Cut another piece of tape eight inches long and cut five slits two inches from one end and tear backing paper as before.

Remove backing paper from anchor and place with zero stretch on the thigh on the opposite side of the knee roughly two inches up.

Separate each strip as before and apply with zero stretch.

The tape should be applied as before with each strip placed in the opposite direction to the first.

A criss-cross pattern should start to appear.

You may space the strips of tape as you wish depending on positioning of oedema.

Apply friction to each strip of the tape as you apply it.

Apply the third strip.

Apply the fourth strip.

Apply friction to each strip.

Apply the fifth and final strip underneath the patella.

Remove backing paper from final strip.

Apply friction to all strips of the tape.

Apply friction to all of the applied tape.

A criss-cross pattern of tape is the final desired effect.

Ensure patient is comfortable.

Hapla WAVE

Premium muscle and joint support tape

Available in Blue or Black 5cm x 5m Rolls

QUALITY HAPLA ADHESIVE SYSTEM

CE

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Cuxson Gerrard

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